Updated DEERS lately?

If not, it could affect your eligibility for important benefits, including **TRICARE**.

For more information, go to **www.tricare.osd.mil/DEERS** or visit your local ID Card office.

Family Dental Care

Did you know that dental care
for military family members overseas
is provided on a space-available basis?

The TRICARE Dental Program
is a cost-effective dental program that
covers most dental procedures,
including orthodontics and implants.

www.tricaredentalprogram.com

TRICARE questions?

Your local

TRICARE Service Center

can help.

Comm: INSERT # HERE

DSN: INSERT # HERE

E-mail: INSERT # HERE

Medical Emergencies

On Base call:

INSERT # HERE

Off Base call:

INSERT # HERE

Nearest Emergency Room:

INSERT # AND LOCATION INFO HERE

Nurse Advice Line

It's 2 am and your baby has a fever.

Who do you call?

The TRICARE Nurse Advice Line

gives you toll-free, **24/7** access to a registered nurse.

INSERT # HERE

TRICARE

www.europe.tricare.osd.mil

Going on Vacation?

Seek Care Immediately

if you have a <u>medical emergency</u> while traveling.

Go to the nearest emergency room or call emergency services.

You do not need pre-approval, but please contact your TRICARE Service Center as soon as possible after receiving care.

If you need <u>non-emergency care</u> while traveling,

contact your TRICARE Service Center <u>first</u>

to avoid expensive medical bills.